

WENTWORTH POINT PROBUS CLUB November 2025 Newsletter



NEXT MEETING

Monday 17 November, 10.30am - Pulse Room 1

With set up at 10.15 then morning tea

If you cannot make it, please submit a Meeting Apology Form

NOVEMBER SPEAKERS

MEGAN TU AND WILSON LUU

Caring for our vision



In November, our local optometrists will present on vision-related topics:

- Common age-related eye conditions
- Eye care and prevention
- Available vision resources and support
- Q&A opportunity

Dr Megan Tu – Optometrist | Ophthalmic Medicines Prescriber

Megan graduated from UNSW with a Bachelor of Science and Bachelor of Optometry with First Class Honours. She has received awards for optometry, ocular therapeutics and contact lenses. She has worked in regional and metropolitan areas and has experience in a wide range of demographics. Children's vision, myopia control, vision therapy and ocular pathology are particular interest areas. Megan is qualified to prescribe ophthalmic medicines to manage eye diseases. She has also published in peer reviewed journals.

Dr Wilson Luu – Optometrist | Ophthalmic Medicines Prescriber

Wilson graduated from UNSW with a Bachelor of Science and Bachelor of Optometry (Hons) and received an award in research. He completed his PhD at the Centre for Eye Health (UNSW), researching the use of virtual reality in assessing vision. Since graduating, Wilson has worked in rural NSW and metropolitan Sydney and has travelled overseas to provide eye care to the Nepalese Everest community. He is qualified to prescribe ophthalmic medicines to manage eye diseases. He is a Credentialed Optometrist (Aviation) and is authorised to conduct eye assessments for CASA. He has also been accredited as an Optometry Australia Credentialed Advanced Practitioner for Glaucoma (OACAP-G). His interest areas are low vision, myopia control, contact lenses, ocular pathology and use of artificial intelligence and technology in eye care.

PROBUS MONTH SPECIAL EVENT

During our Probus meeting on 20 October and to commemorate Probus Month, a substantial and delicious morning tea was provided to celebrate two special occasions - the significant birthday of Barbara Browning and the presentation of certificates to the five Foundation members of Wentworth Point Probus Club to acknowledge their importance and their contributions. These five members, who were part of the Club at its inception on Monday 15 June 2009, are: **Denise Nelson, Evelyn Scott OAM, Helen Shume, Lyndsey Shume and Barry Tozer**. We congratulate them and thank them.



ARTICLES OF INTEREST

Forget the 10,000-step myth! New Australian research (a University of Sydney study, published in *The Lancet Public Health*) shows 7,000 daily steps offer similar profound health benefits. This achievable target significantly reduces risks for heart disease, dementia and depression. Every step counts ... Even walking 4,000 steps shows marked improvements over inactivity for improved health.

[Spring Clean Your Digital Life](#)

Some excellent suggestions for us to clean up our digital lives when we have a bit of spare time over the summer. Suggestions relate to cleaning up old unused apps, duplicate photos, redundant emails and deleting old files, as well as updating passwords to improve security.

[Sydney Peace Prize Lecture](#)

6 November at Sydney Town Hall (Charge)

The Sydney Peace Foundation will award the 2025 Sydney Peace Prize to Judge Navi Pillay, a beacon of international justice and humanity, who has dedicated her life to fearless

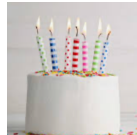
advocacy for peace, social justice and women's rights, from challenging apartheid in South Africa to serving as the first woman of colour as UN High Commissioner for Human Rights.

NOVEMBER CELEBRATIONS

Birthdays

Evelyn Scott
Lynne McEvoy

26 November
28 November



Happy celebrations to our friends with special days in November

RIVERBOAT POSTMAN OUTING

On 22 October a large group enjoyed the outing on the Riverboat Postman. We caught an early train up to Hawkesbury River Station and boarded the catamaran. We began the cruise upriver with morning tea and being regaled with stories of the history and characters who lived along the Hawkesbury. A ploughman's style lunch was served.





UPCOMING OUTINGS

Please register your interest ASAP on the website.

[Probus Christmas Markets](#) on 21 November

A traditional old country Christmas at [Gledswood Homestead and Winery](#) at Catherine Field, originally owned by the Chisholm family, who helped to pioneer Australia's wool industry. With wine tasting and a traditional Christmas lunch on 3 December.

WHAT'S ON?

The Piazza

Keep a lookout for posters about Piazza events and book early.

Concord Rotary Farmers Market

The market is held on the first and third Sundays of the month. **November** markets take place on the 2nd and 16th. Click [HERE](#) for more information on where and when, stalls, etc. Fit, able-bodied volunteers would be very welcome to help set up.

[**Wentworth Point Markets, Wentworth Place**](#)

Held on the third Sunday of every month, the market takes place from 9 am – 3 pm outside Marina Square. The next market will be on the **16th November**.

[Eat Drink Nights at Wentworth Point](#)

The Eat Drink Nights have resumed. Come along with friends and enjoy a twilight gourmet market featuring great global food, brilliant drinks and entertainment. Next events:
Friday 7 November and **Saturday 22 November** 5pm – 9.30pm.

CHRISTMAS SEASON EVENTS

The joyous season of Christmas is a'coming quickly.

Here are a few up-and-coming events for those looking to celebrate before the big day....

[All Saints Christmas Community Market, Parramatta](#)

15 November, 8 am – 1 pm

Gifts, crafts and treats, car boot sale; jumping castle for kids

[Christmas Latin Makers Markets](#)

22 and 23 November, Carriageworks, 245 Wilson St Eveleigh (near Redfern Station)

Experience Christmas-themed Latin American food, art, music and gifts

Rhodes Carols 2025 Date still TBA

The Connection, 30 Shoreline Drive, Rhodes

[Christmas in Anzac Park, West Ryde](#)

6 December, 4 – 7 pm

4 pm - Petting zoo, face painting, food trucks; 5 – 7 pm Carols

[North Epping Carols](#)

12 December, from 6.30 pm at Epping Oval, Norfolk Rd

[Wentworth Point Community – Christmas in Bay Park](#)

20 December, 4 – 10 pm, Festive activities – Santa visit, food trucks, kids' disco, glitter tattoos, roaming circus elves, live music - at Amalfi Drive, Wentworth Point

[The Concord Club](#)

21 December 12 pm – 4 pm, Community Christmas market, live music and kids' activities

[Where to see the best Inner West Christmas lights](#) – according to Inner West Mums

[Newington Wentworth Point Anglican Church](#)

Check the website

Wentworth Point High School, 7 Burroway Road

[Bayside Community Church](#)

Check the website

Meets at Concord West Public School, 345 Queen Street, Concord West

Community Christmas 21 December

Christmas Day service, usually over a Christmas breakfast, 25 December

LOCAL NEWS

[Update from Landcom about our long overdue Peninsula Park](#)

[City of Parramatta Updates on Wentworth Point](#)

Worth a look for updates on many plans for Wentworth Point including future building, the Foreshore Park and the Haslams Creek Pedestrian and Cyclist Bridge.

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